

Lunch with Nurse Steve



"Why do some of my favorite foods affect me differently now?"

Thursday, April 9, 11:45 a.m.

Nurse Steve's talk will be "A discussion on digestion and other gastrointestinal discomforts."

"Why am I so sad?"

Thursday, May 14, 11:45 a.m.

Nurse Steve's talk will be "a discussion about depression and suicide."

"Do I need a dietary supplement to be healthy?"

Thursday, June 11, 11:45 a.m.

Nurse Steve's talk will be "a discussion about dietary supplements and whether they are really beneficial or necessary."

Lunch: Reserve your meal (see monthly menu) a week in advance.
\$5.00 (Regular meal cost)

Nurse Steve's talk at 12:15 p.m. is free.

Urbana 50+ Adult Community Center
Offering fitness, enrichment & social opportunities for 50+
301-600-7020

9020 Amelung Street, Urbana, MD 21704
(located on the lower level of the Urbana Regional Library)

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